

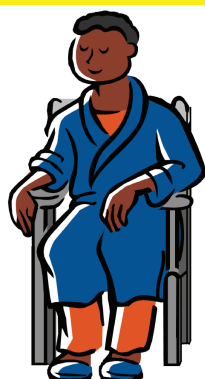
Prevent Pneumonia and Urinary Tract Infections



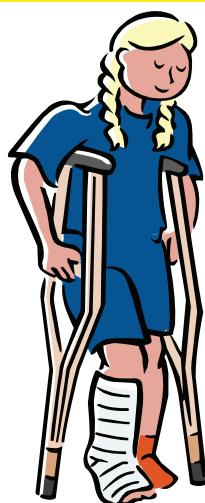
Keep head of bed at 30 degrees and foot of bed at 15 degrees, unless instructed not to do so.



Do deep breathing and coughing at least 10 times every hour.
Use an incentive spirometer if given to you.



Sit on the edge of the bed as soon as you can.
Sit in a chair for meals or sit up in bed.



Walk 1 to 3 times every day.
If pain prevents you from getting up, ask for pain medication.

Ask for your urinary catheter to be removed if you have one.



Clean your teeth and mouth 2 to 4 times every day.
Ask a family member to pick up oral care supplies for you.